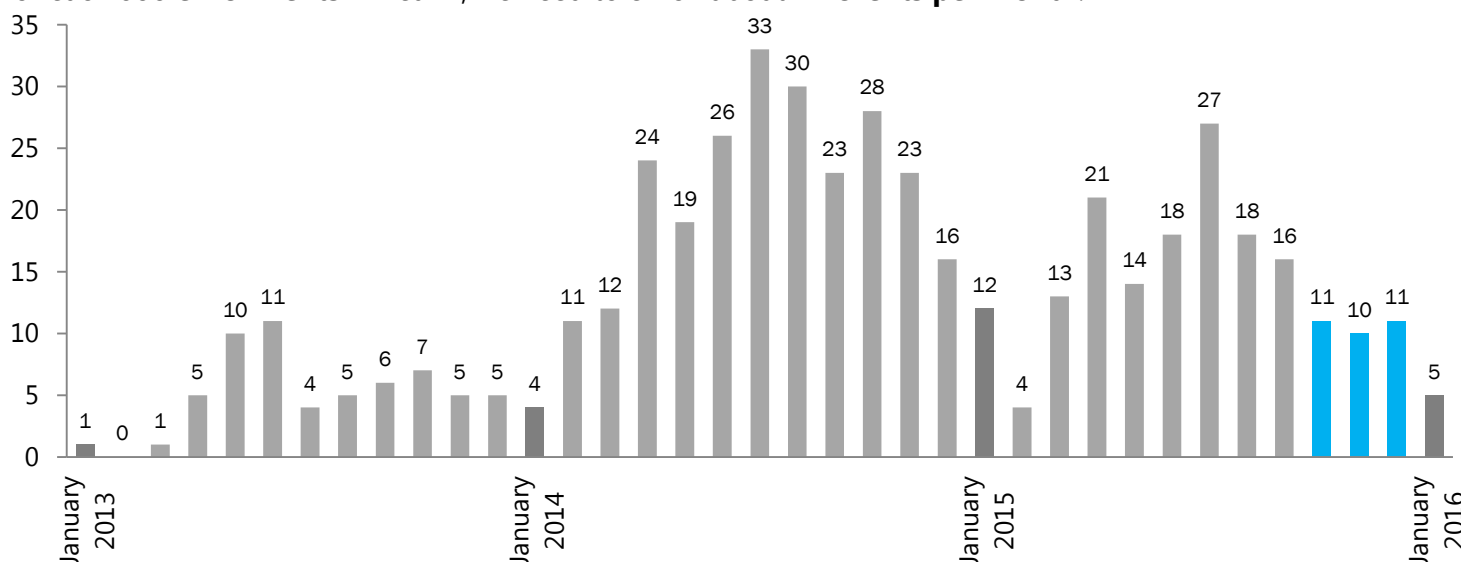




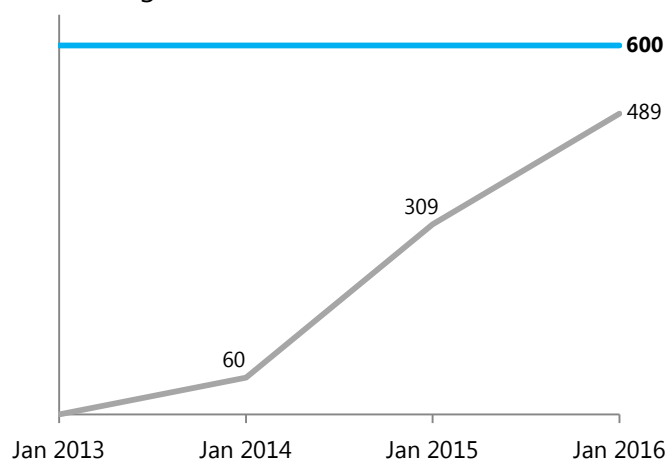
# WellConnect: an Integrated Care Solution *at Centerstone*

## Enrollment Information

Enrollment rates decreased **this quarter**, averaging roughly **11 enrollments per month**.  
To reach **600 enrollments** in Year 4, we need to enroll about **12 clients per month**.



We are currently at **81.5%** of our cumulative Year 4 target of **600 enrollments**!



### Spotlight on Services (Oct. 1-Dec. 31)

- **998 care coordination** activities were provided to 260 clients
  - ★ This is similar to the number of activities provided last quarter
- **249 individual wellness coaching** sessions were delivered to 83 clients
  - ★ This decrease from last quarter's numbers can be attributed to loss of key staff this quarter

## 12-Month Outcomes

**62%** of clients were **obese or extremely obese** at baseline. Of those, **47.5% lost weight** after 12 months in the WellConnect program.

★ **12** at-risk clients **lost 20 or more pounds** after 12 months!

★ **9** clients moved into a **lower-risk category**.

Baseline to 12 Month (n=129)	Baseline Count	Lost Weight at 12 Months
<b>Overweight</b> (BMI = 25.0-29.9)	27	30%
<b>Obese</b> (BMI = 30-39.9)	49	43%
<b>Extremely Obese</b> (BMI = 40+)	31	52%

Roughly **half** of clients showed **improvement in lipid levels** after 12 months.

Baseline to 12 Month	Baseline At Risk	Improved at 12 Months
<b>Triglycerides</b> (n=92) <b>at risk</b> ( $\geq 150$ mg/dL)	47	40%
<b>HDL</b> (n=89) <b>at risk</b> ( $< 40$ mg/dL)	26	50%
<b>LDL</b> (n=71) <b>at risk</b> ( $\geq 130$ mg/dL)	14	64%

At-risk clients who moved **out of risk level** entirely:

→ **11** clients (23%)

→ **6** clients (23%)

→ **5** clients (36%)

**73%** of clients had **at-risk** A1c levels at baseline. Of those, **41% improved their A1c** levels at 12 months.

★ **6** at-risk clients (11%) moved **out of risk level**.

Baseline to 12 Month (n=74)	Baseline Count	A1c Improved at 12 Months
<b>Pre-diabetic</b> (A1c = 5.7-6.4)	25	44%
<b>Diabetic</b> (A1c $> 6.4$ )	29	38%

### Biggest Improvements!

- ★ Weight Loss: **40 pounds**
- ★ Triglycerides: **575 mg/dL** decrease
- ★ HDL: **107 mg/dL** increase
- ★ LDL: **109 mg/dL** decrease
- ★ A1c: **4.1%** point decrease



### Honorable Mentions

- ★ Weight Loss: **37 pounds**
- ★ Triglycerides: **427 mg/dL** decrease
- ★ HDL: **57 mg/dL** increase
- ★ LDL: **106 mg/dL** decrease
- ★ A1c: **2.7%** point decrease



Note: "Baseline At Risk" = number of clients with an at-risk level reading at the time of their baseline interview.